



# Aging Unit of Iron County

## October 2016



### MENU HAPPENINGS

Iron Belt- Thursday Hurley 561-2108 - 2125 561-2091		Mercer 476-2113 or 1-800-950-8744 Tues. to Thurs.		Saxon 893-2333 Tues. to Thurs		Springstead - Wed 476-2113 or 1-800-950-8744		
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.		
PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE	3 Italian Chicken Alfredo Fettuccine Broccoli Cottage Cheese Pudding Bread, Milk	4 Egg Salad on a Croissant Pasta Salad Creamed Cucumbers Poke Cake Bread, Milk  Card Games	5 Swiss Steak Mashed Potatoes Monte Carlo Blend Tossed Salad Strawberry Short Cake Bread, Milk  Bingo Games	6 Ham Augratin Potatoes Green Beans Copper Penny Apple Crisp Bread, Milk	7 Poor Mans Lobster Wild Rice Scandinavian Blend Coleslaw Cream Cheese Bars Bread, Milk	8 items may be changed without notice. All substituted Items meet or exceed USDA standards for your RDA.		
	9	10 BBQ Chicken Baked Potatoes Asparagus Fruit Cocktail Pudding Bread, Milk	11 Chef's Choice Italian Sausage on a Bun Green Peppers & Onions Tater Tots Tomato Salad Cherry Turnovers ( Cong) Cherry Crisp ( HD) Card Games	12 Spaghetti with Meatballs Corn Tossed Salad Jello Bread, Milk  Bingo	13 Lemon Chicken Red Potatoes Green Beans Tropical Fruit Cake Bread, Milk	14 Pizza Carrot Salad Cookies Bread, Milk	15	
	16	17 Pot Roast Baked Potatoes Carrots Cottage Cheese Pudding Bread, Milk	18 Cheese Burgers Potato Wedges Baked Beans Applesauce Bread Pudding  Card Games	19 Baked Chicken Mashed Potatoes Peas & Carrots Macaroni Salad Apple Crisp Bread, Milk  Bingo Games	20 Hungarian Goulash Brussel Sprouts Grapes Blue Berry Muffins Bread, Milk	21 Breaded Cod On a Bun W/ Lettuce& Tomato Hash Browns Cauliflower Coleslaw Donuts Bread, Milk	22	
	23	24 Cheese Ravioli Marinara Sauce Cauliflower & Broc Tossed Salad Jello Bread, Milk	25 Chicken Pot Pie Tomato Salad Brownies Bread, Milk  Card Games	26 Roast Beef Mashed Potatoes, Peas Melon Peach Cobbler Bread, Milk  Bingo Games	27 Polish Sausage & Kraut Parsley Potatoes Green Beans Fruit Cocktail Pudding Bread, Milk	28 Salmon Patties Rice Pilaf Creamed Peas Kidney Bean Salad Blueberry Crisp Bread, Milk	29	
	30	Halloween Party Pork Roast Buttermilk Mashed Potatoes French Green Beans Cottage Cheese Cake Bread, Milk					This menu has been approved by Anna Mooi Registered Dietician.	